

강박장애의 약물치료 전략

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ABSTRACT

Pharmacotherapeutic Strategy for Obsessive-Compulsive Disorder

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Obsessive-compulsive disorder (OCD) has a lifetime prevalence of approximately 2 -3%. Until relatively recently, effective treatments for OCD were lacking. Fortunately, over the past decades, the availability of serotonin reuptake inhibitors (SRIs) and behavioral treatments using exposure-response prevention techniques has altered the outlook for patients suffering from OCD. But, treating OCD with medication still requires a blend of science and art. SRIs provide clinically significant relief to most patients, but they are not effective in all patients. Because significant number of patient with OCD do not respond to adequate trials of SRIs, other treatment options such as augmentation, switching, combination, or neurosurgical and device-based approaches may be needed. In this paper, the first-line treatment options and several alternative treatment options for OCD were reviewed. Finally, we reviewed several treatment guidelines and algorithm for OCD introduced previously by other researchers. We have a plan to develop Korean treatment algorithm for OCD based on expert's opinions. Also, we hope to use this algorithm for OCD in the clinical setting in near future. (Korean J Psychopharmacol 2005;16(3):197-207)

KEY WORDS : Obsessive-compulsive disorder · Treatment guideline · Algorithm.

서 론

강박장애 (obsession) 가 2~3%¹⁾ (neutralize) (compulsion) 20²⁾ 가 .

: 2005 3 14 / : 2005 4 1
교신저자 : , 135 - 720 146 - 92 . 1960 clomipramine
: (02) 3497 - 3340 · : (02) 3462 - 4304 가
E - mail : spr88@yumc.yonsei.ac.kr 가 .

(serotonin reuptake inhibitor, SRI) (first line) fluoxetine, sertraline, paroxetine, fluvoxamine, citalopram, escitalopram (selective) SRI(SSRI) clomipramine³⁾ SRI SSRI clomipramine, SSRI⁵⁾ 가 가 20%가⁴⁾ 가 SSRI SSRI가⁶⁾ 가⁷⁾ 가⁴⁾ 가^{6,8,9)} SSRI clo-⁹⁻¹¹⁾ SSRI가 ECT(electroconvulsive therapy) mipramine SSRI 가 가 SSRI (algorithm) (guideline) 가 가 Sertraline ci- talopram CYP 450 가 가 fluoxetine paroxetine CYP 2D6 Fluvoxamine CYP 1A2 CYP 3A4¹²⁻¹⁵⁾ Fluoxetine (active meta- bolite) 가 가¹⁶⁾

본 론

1. 강박장애 치료에 있어서 일반적인 고려 사항들

가? , 가? , 가?

1) 일차 약제로 어떤 약물을 선택할 것인가?

가 ,

2) 어떤 용량을 어느 기간 동안 사용하면 효과가 나타날 것인가?

SRI

SRI
가

Griest ²²⁾ 1~2

SRI ^{6,11,17)} 가

Jenike ²³⁾ 1

SRI 가

Clomipramine 250 mg, fluoxetine 80 mg, sertraline 200 mg, fluvoxamine 300 mg, paroxetine 60 mg, citalopram 60 mg, escitalopram 20~30 mg ⁵⁾

2 fluoxetine 10 mg clomipramine 50 mg 가

가 Zohar ²⁴⁾

가

(latent period) SRI

2~6 , 10~12

가

SRI

2/3 가

2/3

3) 유지치료는 얼마 동안 어떻게 해야 하는가?

가

가

2 ²⁵⁾

가

4 가 26.7% , 1 가 6.5%

2가 가 66.6%

(4), 80.6%(1)

가 25%, 2가

70.8%

Rasmussen ¹⁸⁾ sertraline

2

(tolerance)

Koran ¹⁹⁾ 80

SRI

Romano ²⁰⁾ fluoxetine 20

1 32%

Hollander ²¹⁾

paroxetine 10

6

(paroxetine - treated group 38% vs. placebo group 59%).

(1) (Serotonergic agents combination)

SRI

(serotonergic neurotransmission)

가

SRI 가

SSRI

clomipramine 가 , clomipramine (2) (Dopaminergic agents com-
SSRI 가 .²⁶⁾ SSRI bination)
sertraline citalopram CYP 450
clomipramine 가 SRI
. SSRI clomipramine (typical antipsychotics com-
가 가 .²⁷⁻²⁹⁾ bination)
가 가 .³⁰⁾ 가가
SSRI가 clomipramine haloperidol pimozone 가
. McDougle⁴⁴⁾
, clomipramine pimozone
(cardiac conduction) 가가
SSRI clomi-
pramine
. .³¹⁾ haloperidol 가가
. buspirone SSRI clomipramine li-⁴⁵⁾
. Lithium 5-HT (serotonin) 가 SRI
가 5-HT .³²⁾ Risperidone
lithium SRI 0.5~5
가 ,^{33,34)} mg risperidone SRI
가 .^{35,36)} Buspirone risperidone haloperidol
가 ,³⁷⁾ 가 .⁴⁹⁾
. .³⁸⁻⁴⁰⁾ 5-HT risperidone
fenfluramine 가가
가 ,⁴¹⁾ (0.25~3 mg) ,
. .⁴²⁾ Erzegovesi⁴⁶⁾
5-HT tryptophan 가 ,
(eosinophilic myalgia) 0.5 mg risperidone
fenfluramine 가
. .³⁴⁾
pindolol 5-HT1A Risperidone quetiapine
5-HT
. .⁴²⁾ 가 .^{3,50)}
paroxetine SRI
pindolol 2.5 mg/d SRI
. .⁴³⁾ 가
10~12

가

4

5)

SRI

SRI

51)

(3)

clonidine, inositol, gabapentin, lamotrigine, carbamazepine

SRI

26) Inositol 5-HT

Fux 52)

18 g/day inositol SSRI 가

2) Clomipramine 또는 citalopram 정주 투여(Intravenous clomipramine or citalopram administration)

(intravenous, IV)

가 . IV clomipramine clomipramine

가

. IV clomipramine

가

26)

Fallon 53)

clomipramine

54

14 IV

clomipramine IV clomipramine

IV clomipramine

clomipramine

가

31) IV clomipramine

FDA . Citalopram IV

SSRI .

, 2 SSRI

39

40~80 mg/day citalopram 3 IV

23 (59%) Y-BOCS 가

가 25%

54) 20% 27

citalopram 84

54)

3) 인지행동치료(Cognitive-behavioral therapy)

가

가

(exposure & response prevention) 55)

4) 신경외과적 수술 및 기구를 이용한 치료법들(neurosurgical and device-based approaches)

(1) (Neurosurgical approaches)

가

(anterior cingulotomy), (limbic leucotomy), (anterior capsulotomy)

5) Jenike 56)

clomipramine, fluoxetine, fluvoxamine, sertraline, paroxetine, monoamine oxidase inhibitor

1 lithium, clonazepam, buspirone 2

가

66 - 68)

3. 치료-저항성 강박장애(Treatment-resistant OCD)

가 26)

5 56)

가

45% 가 57 - 59) (8~13 69)

14

50% 60)

niotomy) (cra-

가 26)

61)

4. 강박장애 치료 지침 및 알고리즘(Treatment guideline and algorithm of OCD)

(2) (Electroconvulsive therapy, ECT)

ECT

Khanna 62)

9

ECT

20% , 4

Strassing 63)

1

1997 69)

expert consensus guideline

가 4,26,70,71)

(3) (Repetitive transcranial magnetic stimulation, rTMS)

rTMS

Expert consensus guideline 69)

therapy, CBT) SRIs CBT

가

CBT 가 CBT

SRIs 가 , (dura-

bility), (tolerance), (acceptability)

가

64,65)

(4) (Deep brain stimulation, DBS)

DBS

CBT 가

SSRI clomipramine 가

CBT SSRI 1

CBT (combination therapy) 가 1
 SSRI (combination therapy) 가 1~2 가 2~4 가 3~4
 CBT 가 3~6
 Albert 26) 2002

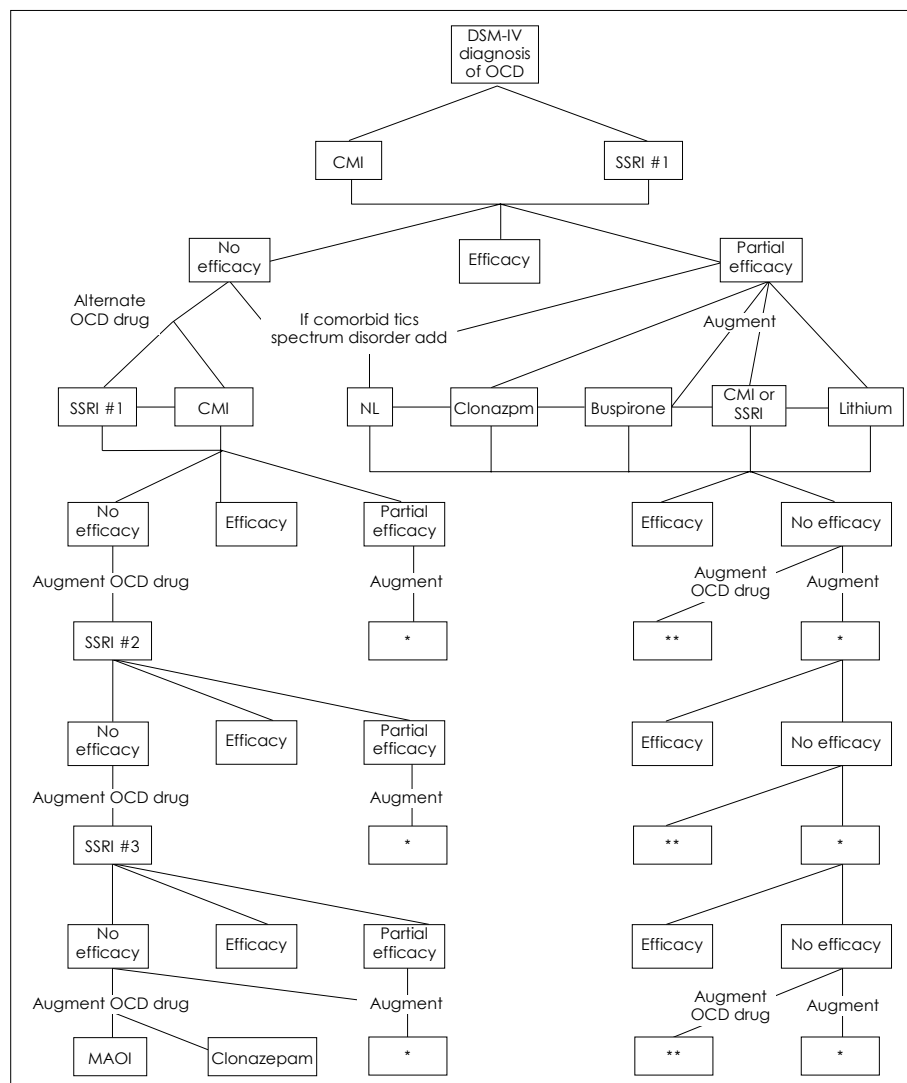


Figure 1. Algorithm for the treatment of obsessive-compulsive disorder.⁷⁰⁾ CMI : clomipramine, NL : neuroleptic, OCD : obsessive-compulsive disorder, SSRI : selective serotonin reuptake inhibitor, * : enter augmentation section at non-redundant level, ** : enter alternate OCD drug at non-redundant level.

Table 1. Flow sheet of treatment option for obsessive-compulsive disorder²³⁾

- As soon as patient has at least a partial response to medication ; if patient has rituals, begin behavior therapy of exposure and response prevention. Drug trials should be continued for at least 12 weeks before they are considered failures

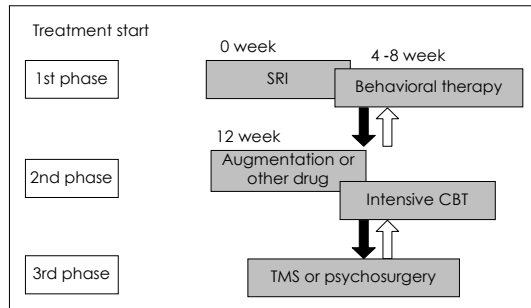


Figure 2. Flow chart of obsessive-compulsive disorder treatment.⁷²⁾ SRI : selective serotonin reuptake inhibitor, CBT : cognitive behavioral therapy, TMS : transcranial magnetic stimulation.

72)

(2).

가

가

가

72)

결론

2~3%

가

가

(switching),

(

)

가

중심 단어 :

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